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# Bangalore Mirror

TEMP Max 27 | Min 21 | Humidity 71% Scattered Thunderstorms Sensex 81,785 | Nifty 25,052 | Gold 71,776 | Silver 84,274 | Dollar 83.95 | Euro 93.38 | GBP 111.89

## SUPER SCHOOL

How a government school in Gubbalala underwent complete transformation that led to spike in enrollments

PAGE 2

## STRAY SHOCKER

Death due to dog attack draws attention to urgent need to better manage city's street canine population

PAGE 3

## 35,177 crime cases recorded till July 31 this year indicates uptick: Violent crimes such as murder and dacoity spike; night-time burglaries on rise

# CRIME PATROL

### Corruption and bribery cast darkest shadow over city at index of 80.09

Sanjana CS
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMIRROR

We are just over the half-year mark, but till July 31 this year, 35,177 crime cases have already been reported in the city. According to Numbeo, a user-generated cost-of-living statistics website, in a city where people walk, safeguarding their lives and police patrol 24/7 to prevent crime, the crime index still hovers above the moderate range at 54.34.

The website also indicated that the city's crime rate has seen a worrying uptick, with an increase index of 65.39 over the past five years. In 2020, there were 34,156 crime cases reported, and that number grew to 36,310 in 2021. The trend continued in 2022, with 46,188 cases, and worsened in 2023 when crime reports surged to 68,518. By July 31 this year, 35,177 cases had already been recorded, painting a picture of the ongoing rise in crime across the city.

> **"As Bengaluru expands, suburban areas and near highways and railway stations, crime rates are rising. Areas like Vijayanagar and Jayanagar have lower crime rates due to extensive CCTV surveillance**
>
> — Police official

#### Violent times

July 2024 has been a month of grim statistics. The most alarming figures come from the realm of violent crime. In July alone, 85 murders were reported, a slight drop from June where 92 cases were reported, but still a concerning number. Each of these cases represents not just a life lost, but a family shattered, a community left in mourning.

Similarly, dacoity cases nearly doubled from 10 in June to 21 in July, signalling a

CONTINUED ON PAGE 8 »

## Jumping Jacks out of the box

### Commuters skip taking foot overbridge, jump over compound wall, risk life to reach Whitefield railway or metro station on time

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

The South Western Railway spent a lot of money to construct the much-needed foot overbridge that connects Whitefield Railway Station, BMTC Bus Stand and Namma Metro Station. The objective is to prevent railway passengers crossing or walking on the railway track. However, many people were seen jumping the compound wall constructed along the railway track near Namma Metro Station to reach Whitefield Railway Station during the peak hours.

People, after alighting from Kadugodi Namma Metro Station and the BMTC Bus Stand, are seen jumping the compound wall without any hassles and walking on the railway track thus making themselves vulnerable to accidents.

"I have to jump the compound wall to reach the railway station on time. I will miss the Marikuppam-bound train if I use the foot overbridge to reach the railway station. I know it is dangerous to jump over the compound wall and walk on the track to reach the platform on the other side

CONTINUED ON PAGE 8 »

# School finds its silver lining amid hardships

## Government school in Gubbalala sees enrollment surge as students thrive with enhanced support, facilities

Iffath Fathima
iffath.fathima
@timesofindia.com
TWEETS @BangaloreMIRROR

'School infrastructure has been upgraded. Students are now receiving educational support until their graduation or post-graduation'

The Government Higher Primary School (GHPS) in Gubbalala, Bangalore South, which was initially struggling with poor infrastructure and an imbalanced student-teacher ratio, has now undergone a remarkable transformation under the "Shale Dattu Yojana" scheme through the partnership of the Tranquil Charitable Foundation (TCF) with the Karnataka Department of Education in January 2011. The infrastructure has been upgraded, enrollment has increased, and students are now receiving educational support until their graduation or post-graduation based on their potential.

In 2011, the school had around 73 students. However, as of 2024, the enrollment has increased to over 200 students, with more than 100 students continuing their education in higher secondary schools and universities. GHPS offers classes from grades 1 to 7, but after completing grade 7, TCF continues supporting their education from grade 8 onwards.

Srinivasan, co-founder and managing trustee of Tranquil Charitable Foundation in Bengaluru, said that their primary focus is on the holistic education of the children, which involves creating a welcoming and engaging environment—both physically and educationally—and ensuring they have the necessary support to succeed. "We provide additional qualified teachers and volunteers, a senior academic director, as well as the equipment they need—like stationery items, uniforms, a state-of-the-art library, and a computer lab at the school. We also assist them in preparing for and participating in extracurricular activities, whether cultural and arts competitions like Pratibha Karanji, yoga classes, sports activities, or science and language exams like Taramandala."

> **"Since students come from underprivileged backgrounds, we support them until they complete their university education**
> – Srinivasan, co-founder, Tranquil Charitable Foundation

Two GHPS students have completed their engineering degrees in computer science; one student is pursuing a PhD in physics at a leading university; another is pursuing an MCA; and many others are pursuing regular graduation programs. Last year, the school's infrastructure was completely renovated to enhance the learning environment. "Earlier, many students were unsure of what to do after seventh grade or which school to join, leading some to drop out. Since most of them come from underprivileged backgrounds, we decided to support them until they complete their university education. We also provide them with laptops and offer tuition classes on weekends for core subjects from Class 8 to II PUC. Additionally, we offer basic computer skills coaching classes for graduates during weekends," said Srinivasan.

The school initially lacked proper toilets and other facilities. Thus, from repainting the entire school building, adding a water filter and storage, to the construction of new toilets and a garden, the entire infrastructure was transformed. "With this development, many more children are now seeking admissions into GHPS. We are thrilled to share that our students have been steadily excelling in academics, achieving a 100 per cent passing rate in Classes 8, 9, 10, I & II PUC," added Srinivasan.

# Statewide food safety inspection drive on August 30, 31

A two-day special inspection campaign focussing on food safety will be conducted across hotels and restaurants in district and taluk centres throughout the state on Friday and Saturday. Additionally, samples of meat, fish, and eggs will be collected and tested, said Health Minister Dinesh Gundu Rao on Monday during a press conference in Bengaluru.

These inspections by the Food Safety Department are expected to increase public awareness about food safety. Legal action will also be taken against businesses that prepare unsafe food, he said. Furthermore, the public can now test the quality of the food they consume themselves. To this end, it has been decided to install 3,400 testing kits in public places such as hotels, restaurants, and food parks. A thousand kits have already arrived and will soon be made available for public use, Rao added.

The state has set a target to issue 1,06,895 licenses to food businesses, achieving 68 per cent progress so far. Legal action will be taken against those who fail to obtain licenses. He stated that the department has been continuously testing food quality in an unprecedented manner over the past year. A total of 385 food samples from fruits and vegetables have been collected and analysed, of which 239 samples were found to be safe, while 27 samples were reported to be unsafe due to high pesticide residue levels and the presence of fungus. From April 2024 to date, the department has collected and analysed 8,418 survey food samples and 2,593 legal food samples (including those collected up to July 2024). In July 2024 alone, 2,753 survey food samples and 711 legal food samples were collected and analysed.

So far, 106 cases have been settled in courts across the state, with penalties ranging from one-day imprisonment in 34 cases to longer sentences, including 5, 10, 30, 45, and 60-day imprisonment in five cases (one each), 90-day imprisonment in four cases, and over six months of imprisonment in two cases. Additionally, fines have been imposed in 18 cases. **— BMB**

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## 3 THINGS TO DO

### 01 Gallery walk

Explore the stories and intricate details of artworks through a special gallery walk by Dr Deepak Kannal, Art Historian, at the National Gallery of Modern Art, Bengaluru (Ministry of Culture, Government of India). This event is held in conjunction with the ongoing exhibition 'Nandalal Bose (1882-1966) Haripura Panels.' **Where: National Gallery of Modern Art, Palace Road; When: August 30, 4 pm**

### 02 Book exhibit & sale

Advocates Association & Bharatiya Vidya Bhavan presents a unique book exhibition and sale in valedictory function addressed by M Veerappa Moily, former Chief Minister of Karnataka & author, at the High Court premises. The event will be presided over by KG Raghavan, chairman, Bharatiya Vidya Bhavan, with Vivek Subbareddy, president, Advocates Association, as the chief guest. **Where: Auditorium 1, High Court premises When: August 30, 1:45 pm**

### 03 Engage & expand

The Federation of Karnataka Chambers of Commerce & Industry (FKCCI), in association with the Ministry of Micro, Small & Medium Enterprises (MSME), is hosting the MSME Conclave 2024. This event represents a unique opportunity for MSMEs to engage with Public Sector Units (PSU), understand procurement needs, and explore opportunities for growth in both domestic and global markets. It will feature exhibitions, a buyer-seller meet, and panel discussions on key government policies and programs designed to empower MSMEs. Leading financial institutions and banks will also participate, showcasing their products and services to support stakeholders in accessing financial resources. **Where: Princess Shrine, Gate No. 9, Palace Grounds; When: August 30, 31**

# Cries for better management of strays after woman's death

## 'Communities must step up to aid govt in efforts to control street dog population'

Garima Prasher
garima.prasher
@timesofindia.com
TWEETS @BangaloreMIRROR

In wake of the death of a 76-year-old retired teacher on Wednesday inside Air Force East 7th Residential Camp in Jalahalli, animal welfare workers and senior citizens have called for better management of street dogs by the municipality and community alike. The woman, the mother-in-law of an Air Force personnel, was fatally attacked by a pack of stray dogs while on her morning walk.

Senior citizens that BM spoke to said there is a need for the community to step up and support the government machinery in their efforts to control the stray dog population.

"Feeders play an important role in not just animal welfare, but human welfare as well. More often than not, they vaccinate and neuter/spay street dogs, and well-fed/spayed dogs are rarely a threat to humans. Citizens must report dogs without clipped ears so the authorities can do the needful," said a senior citizen and a resident of JP Nagar.

Experts say the unfortunate incidents should be an opportunity to join hands and implement animal laws in letter and spirit. Some underlined that the Bruhat Bengaluru Mahanagara Palike (BBMP) must design a tailored plan to manage the stray dog population inside restricted areas such as the Air Force campus in Jalahalli.

"As rare as they are, such unfortunate incidents do happen. While we have to wait for further details of the autopsy report, it is understood that the incident took place in an area restricted to feeders and BBMP's ABC/ARV program has commenced rather recently. BBMP must formulate a tailored plan to manage the stray dog population in these pockets so that dogs are fed, sterilised, and vaccinated. Another human life cannot be lost," said a member of Citizens for Animal Birth Control.

Feeders play an important role in managing animal welfare

### No caretakers

According to the residents on campus, while the campus has a pack of 8 to 10 street dogs, there are no caretakers. "While there is a pack of street dogs inside the campus, there are no feeders or caretakers. The dogs survive on the spillover from the canteen or go out of the campus in search of food," said a resident.

Experts say in such restricted areas, a lack of sufficient food sources makes dogs feral. Such incidents can be avoided with simple steps of feeding and following ABC/ARV.

"The incident is unfortunate and brings to the forefront the need for implementing ABC rules and ensuring animal welfare. In a restricted area like the Air Force campus, a lack of sufficient food sources can make dogs feral. Moreover, feeding also ensures effective implementation of ABC/ARV and thus controls the stray dog population," said Sadhana Hegde, founder of Sahavarthin Animal Welfare Trust.

Hegde further underlined that Bommanahalli and Mahadevpura are yet to take note of the urgent need to allot sufficient land to conduct ABC in their constituency.

> **"It is time politicians stop the blame game and join hands by spending funds for animal welfare. Such incidents can be avoided with steps of feeding, sterilisation**
> –Sadhana Hegde, animal welfare trust

"It is high time politicians stop the blame game and join hands by spending funds for animal welfare. Such incidents can be avoided with simple steps of feeding and sterilization," added Hegde.

### Necessary measures being taken: BBMP

"It is complicated to implement feeder rules and other animal welfare laws in such restricted areas. We are waiting for the autopsy report to ascertain the cause of death. We are also enquiring with the residents to understand if there is a history of bites involving these dogs. In the meantime, as a precautionary measure, I have directed the local BBMP staff to catch the dogs involved in the incident for observation. So far, six dogs have been captured. The Animal Husbandry Department has been directed to file a detailed report on the incident for further action," said Suralkar Vikas Kishore, Special Commissioner (Health), BBMP.

## Murder at airport

A brutal murder occurred at the high-security Kempegowda International Airport in Devanahalli on Wednesday when a trolley worker, Ramakrishna (45), was fatally stabbed by an acquaintance, Ramesh (45). The airport police have arrested Ramesh. Ramakrishna, a resident of Thimmanahalli in Madhugiri, had been working as a trolley handler at the airport for several years. His wife also worked at the airport as a sweeper, and the couple live in a rented house in Chikkajala.

Ramesh, who also hails from Thimmanahalli, had earlier lived in the city with his wife. A bitter dispute between the two men arose over Ramakrishna's alleged illicit relationship with Ramesh's wife, leading to frequent confrontations. In what was his third attempt to kill Ramakrishna, Ramesh, travelled by bus to the airport on Wednesday. He lay in wait near the terminal exit, and around 6.30 pm, as Ramakrishna stepped out to get a trolley, Ramesh launched a vicious attack.

## New jail, new number

Actor Darshan, who is currently under trial for murder and corruption charges, is set to be transferred from Parappana Agrahara Jail to Bellary Jail. The decision follows a swift investigation process. Darshan's prisoner number, initially assigned as 6106 at Parappana Agrahara, will be updated to an E-UTP number upon arrival at Ballari. The police have been actively investigating both cases against Darshan, and his case remains under judicial scrutiny.

In a related development, members of the notorious D gang, including Nagaraj, an accused in the fan murder case, and other key suspects, are being transferred to different jails.

## New criminal codes: Lawyers protest

Various lawyer associations and unions in the city came together to demonstrate their protest against the new criminal laws near the civil court in the city on Wednesday in support of the All India Human Chain call given by the Joint Action Forum for Justice.

The associations noted that the new three major acts Bharatiya Nyaya Sanhitha 2023, Bharatiya Nagarik Suraksha Sanhita, 2023 and Bharatiya Sakshya Adhiniyam, 2023 replacing the Indian Penal Code, 1860, the Criminal Procedure Code, 1973 and the Indian Evidence Act, 1872, were passed by the parliament in most undemocratic manner without debates. "The pre-legislative consultation policy of 2014 mandates that a 30 day consultation period with the public at large before clearance by cabinet for the introduction in parliament has to be conducted," the associations said in a statement.

They highlighted that many progressive advocates' unions had approached the government of India with detailed objections against the bills, analysing many of the provisions which are draconian in nature and against constitutional ethos affecting civil liberties of citizens. Among the many flaws, the associations highlighted that the "prominent display" of the name, address and the nature of the offense of an arrested accused, in every police station and district headquarters is an attack on the premise of presumption of innocence, right to privacy and facilitates profiling by mandating.

It also noted the new laws statutorily mandated handcuffing in direct violation of the Supreme Court judgments that hold that public handcuffing violates the right to dignity. "There is total confusion as to the retrospective application of provisions of the new laws," they said. – Rachana Ramesh

# PoP idols: Banned but not gone

## Illegal idol production continues unchecked, despite severe environmental risks; authorities fail to act even as harmful practice threatens water bodies, human health

| Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

KAUSHIK JN

Ganesh idols being prepared at production units ahead of the festival

Despite the ban on Plaster of Paris (PoP) Ganesh idol production in the state, illegal manufacturing continues unchecked in several regions. The Karnataka State Pollution Control Board (KSPCB) has received multiple complaints but has not taken corrective action. Sources reveal that nine PoP Ganesh idol production units are currently operating in violation of regulations. Despite ongoing appeals and opposition from environmental activists and residents, authorities have ignored these serious violations.

Despite the ban on PoP idols, their use continues in Bengaluru City. Statistics from 2022 reveal that around 7.5 per cent of immersed idols were PoP-based. While the KSPCB acknowledges a reduction in PoP idols over recent years, they actively monitor compliance. "In 2016, the share of PoP idols was as high as 40 per cent," stressed an official, highlighting the significant reduction in such idols. The official added that the PoP share has decreased notably since then. According to KSPCB, PoP idols have an adverse impact on oxygen levels, and the lead used in their preparation adversely affects the heart and kidneys. Moreover, when these non-biodegradable PoP idols are immersed, water bodies suffer severe consequences as they do not easily dissolve, leading to decreased water depth. These harmful effects on both humans and the environment have led to extensive efforts to limit the sale and use of such idols.

Previously, the State Government had proposed the establishment of check posts to prevent the influx of these idols into Karnataka. According to the Central Pollution Control Board, Ganesha idols were traditionally fashioned from clay. However, over time, the adoption of PoP gained momentum due to its lighter weight and cost-effectiveness, leading many to prefer this material for idol creation. PoP itself contains chemicals such as gypsum, sulphur, phosphorus, and magnesium. Additionally, the dyes utilised to colour these idols might include mercury, cadmium, arsenic, lead, and carbon.

**PoP idols contain harmful chemicals like gypsum, sulphur, phosphorus, magnesium, and dyes may include mercury, calcium, and lead**

The decoration of these idols often involves the use of plastic and thermocol accessories. Since these materials are not biodegradable, their immersion in water bodies proves toxic, posing a significant threat to aquatic ecosystems.

# 4,000+ sign petition for improved Sarjapur metro connectivity

| Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMIRROR

File photo showing traffic congestion

Rapid urbanisation and population growth have led to increased vehicular traffic, making daily commutes longer and more stressful. Traffic congestion is especially severe around Sarjapur, where Sarjapur Road is developing with new offices and residential buildings. Residents and commuters are increasingly worried about the ongoing congestion. The Save Our Sarjapur (SOS) group is now urging the swift completion of the Phase 3A Sarjapur-Hebbal metro line as a top priority.

An online petition on Jhatkaa.org has gathered over 4,000 signatures, calling for key improvements. Demands include speeding up Phase 3A Metro works for Sarjapur-Hebbal, reinstating Sulikunte Station, adding a station at Junnasandra/Halanayakanahalli, and building footpaths along Sarjapur Road.

The online petition read, " Sarjapur Road has been one of the fastest developing areas, with high rises and office complexes dotting the road. The entire 18.5 km of this road is now seeing dozens of large, new real estate projects; likely, this contiguous stretch is already a high-density corridor. We are growing 25% YoY and will be one of the highest-density residential-commercial corridors of Bangalore in the next 5-7 years, comparable to the Bellandur-Marathahalli corridor of ORR. The 2024 road infrastructure is taking 6 times the capacity and more than 1500 private vehicles are added to this region daily basis due to its IT population. In this context, please expedite the Phase 3A works on a priority basis."

The Sulikunte area, with its educational institutions and new developments, suffers from inadequate public transport, causing delays for students and employees. Save Our Sarjapur (SOS) members argue that a metro station here would improve accessibility and ensure safe commutes for all.

Mukund Kumar from Save Our Sarjapur (SOS) emphasised the urgency of prioritising the Phase 3A Metro works, he said, "Expediting these works is the need of the hour. The government has provided only vague updates on the metro's status, and we want to see real progress. We've written multiple times to the metro authorities requesting the Detailed Project Report (DPR), but it hasn't been shared. Citizens have a right to be involved in this process."

He also expressed concern over the potential removal of metro stations at Sulikunte and Junnasandra, adding, "Adding a metro station at Sulikunte would offer a reliable and efficient alternative to road travel, which would help reduce congestion and improve air quality in the area."

Kumar further added, "They are considering a double-decker road-cum-metro, but we don't even have basic footpath infrastructure along the Iblur to Sarjapur stretch, which is the alignment for the metro corridor and the proposed double-decker road. We're not opposed to the double-decker road, but our priority should be establishing basic infrastructure first, including safe walking footpaths for the people. Once the Phase 3A work is completed, it will have a positive impact, enabling us to take the metro to reach ORR, walk safely, and use the elevated road." Chiku Agarwal, Senior Engagement Associate at Jhatkaa.org said, "It is great to see over 4300+ citizens coming forward to ask for a basic change of adding metro stations to make the metro more usable by citizens which has the potential to help approximately 50 thousand people, ease traffic congestion and make commuting a safer experience." — BMB

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### Sewage overflow

**Malleshwaram**

Sewage has been overflowing into the rainwater drain on 4th Cross, West Link Road, Dattatreya Temple Ward, Malleshwaram, for the past year, with no action taken.

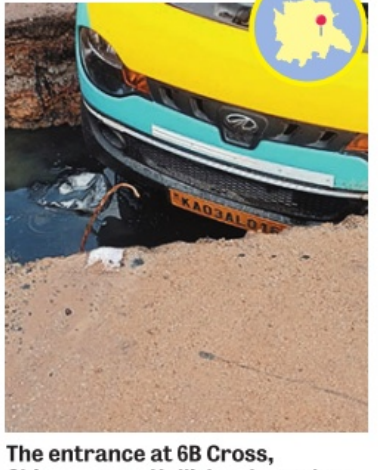
### Sign ignored

**Jayanagar**

No parking signs at the corner of 11th Main and 33rd Cross, Jayanagar 4th Block, are being ignored, with no enforcement from the police.

### Dengue risk

**Chinnapanna Halli**



The entrance at 6B Cross, Chinnapanna Halli, has been dug up and left unrepaired for a month, creating a breeding ground for dengue and blocking residents from using their cars.

# Why risk fines when spacious lot awaits?

## Freedom Park parking lot elicits poor response; BBMP, cops join hands to curb roadside parking

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) marshals are now collaborating with police officers to photograph vehicles parked in no-parking zones and coordinate with law enforcement to issue fines against them. This new move comes in the background of many drivers who are continuing to park their vehicles on the surrounding roads, despite the availability of a newly constructed parking lot at Freedom Park, ignoring the designated parking area.

Initially, marshals were tasked with creating awareness through public announcements and education campaigns, but this approach proved ineffective. A BBMP official explained, "Since marshals lack the authority to penalise traffic violations, they are now working with police officers. While previous awareness efforts had limited impact, the presence of police has instilled fear of penalties, leading more drivers to use the parking lot."

Multi-level parking facility at Freedom Park (file photo)

### Underused facility

The Gandhinagar area has been officially designated a no-parking zone to encourage the use of the new multi-storey parking facility at Freedom Park. However, the parking lot remains underused. It has a capacity of 219 cars on the first floor alone, but daily usage averages only 30-35 cars and 15-20 bikes, with total occupancy falling well short of its potential.

An employee at the parking facility noted, "Despite BBMP and traffic police efforts to promote the parking lot, many still park illegally on the streets. Even with a ban on parking within a kilometre of the facility, compliance remains low. The parking lot's underutilisation continues to contribute to traffic congestion and disrupt smooth traffic flow." The multi-storey parking structure, intended to resolve the city's parking problems, has instead become a symbol of inefficiency. It is surrounded by commercial complexes, leading to continued roadside parking by drivers who find the convenience of street parking outweighs the longer time required to park in the building. This has resulted in the facility being largely empty, despite the presence of no-parking signs on streets like Kalidasa Road and Gandhi Nagar 1st Main Road. A BBMP official added, "Even with paid parking options near Freedom Park, drivers prefer roadside parking. The no-parking signs are frequently ignored, exacerbating congestion and chaos."

> **"Presence of police has instilled fear of penalties, leading more drivers to use parking lot** –BBMP official

Mahadev Murthy, a retired school teacher, said, "I was genuinely astonished to witness the level of coordination between the marshals and the police officers around Freedom Park. This unified strategy is impressive and suggests a new, more effective way of handling such issues. It's encouraging to see such proactive measures being implemented, and I hope this leads to better parking habits and smoother traffic flow in the area."

## HC upholds HD Revanna's bail order

The Karnataka High Court on Wednesday rejected the Special Investigation Team's (SIT) petition to revoke the bail granted to HD Revanna, a Janata Dal (Secular) leader, who is accused of kidnapping a woman. The decision was made by Justice M Nagaprasanna, who had reserved the order on August 1 after hearing the parties. Revanna was granted bail by the special court on May 13. In addition to him, bail was granted to Satish Babanna and other co-accused in the case.

According to the SIT, the woman's son was prompted to file a complaint due to alleged obscene videos involving Prajwal Revanna and the woman. Senior Advocate Professor Ravivarma Kumar, representing the SIT, argued that the evidence gathered and the chargesheet filed establish these facts, and bail in such a case should be cancelled. He pointed out that the victim's statement specifically indicted Revanna, but the court granted bail without referring to the statements under sections 161 and 164.

Senior Advocate CV Nagesh, representing Revanna, opposed the plea, stating that the considerations for granting bail and cancelling bail are entirely different. He also pointed out that kidnapping is not applicable in this case as the victim is not a minor, under Section 362 IPC. **–BMB**

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# Tusker's death triggers overhaul of power lines

## Electrocution of elephant in Chikkamagaluru prompts KFD to immediately replace old electric poles to prevent future incidents

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Following the electrocution of an adult tusker on Tuesday at a coffee estate in Chikkamagaluru, the Karnataka Forest Department (KFD) is swiftly identifying sagging electric lines in the area.

KFD has requested the electricity department to replace approximately 500 old, low-lying electric poles with taller ones.

"The elephant died due to sagging electric wire between poles of 10-12 feet height. While these are concrete poles, they are old and thus are of low height. We have already written to the electricity department to replace these poles. Nearly 500 poles in the area will be replaced soon to prevent electrocution of elephants," stated Ramesh Babu, Deputy Conservator of Forest, Chikkamagaluru taluk.

He added, "We had already informed the electricity department. Nearly 2,000 old electric poles were replaced a few months ago in Sakleshpur in Hassan district due to the frequent movement of elephants. Of late, elephants have started straying out in this region as well. We will have another meeting with the electricity department soon and come up with a concrete plan and a timeline to expedite the process."

Wildlife activists say if rectifying sagging lines and replacing damaged poles were the solutions, the death of the tusker on Tuesday could have been avoided.

"This is not the first case of electrocution. Chikkamagaluru is a known elephant habitat. If old electric poles are the problem, the department should have taken precautionary measures sooner," said a city-based wildlife activist.

Declining male-to-female ratio could collapse elephant population

**"If elephants are using the path regularly, increasing the height of the poles will not serve the cause. In that case, all poles along the traced path have to be removed** –Ramesh B, researcher

However, some wildlife researchers say the department should take a scientific approach to reaching the root cause of the incident instead of administrative intervention.

"Changing old electric poles is a good idea and will benefit everybody. However, a more scientific approach is needed to come up with a long-term solution. The department should deploy elephant monitoring groups to track the elephant's path, speak with locals, and understand the reason. If elephants are using the path regularly, increasing the height of the poles will not serve the cause. In that case, all-electric poles along the traced path have to be removed," said Ramesh Belagere, a wildlife researcher at the Foundation of Ecology and Education Development.

Experts say the death of a tusker is harmful and can prove detrimental to conserving elephants' population in the entire area.

"This case must be investigated and a concrete plan should be devised instead of a knee-jerk reaction. If the male-to-female ratio of any elephant population in the given landscape deteriorates further, the population will collapse," added Belagere.

# Top tax defaulters to face the music

Bangalore Mirror Bureau
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The Bruhat Bengaluru Mahanagara Palike has released a list of the top 100 property tax defaulters, highlighting major institutions, including hotels, malls, educational institutions, and builders, with outstanding taxes amounting to crores. Notable defaulters on the list include Bengaluru Metropolitan Transport Corporation, Karnataka State Road Transport Corporation, Bengaluru Metropolitan Rail Corporation Limited, the Transport Department, and the Karnataka Housing Board, among others.

### Rs 900 crore in outstanding taxes:

Property tax is the main source of revenue for the BBMP. However, prominent institutions, builders, malls, and influential entities have not paid taxes for several years. Despite being issued notices by the BBMP, they remain non-compliant. Property owners who have not paid taxes or have underpaid taxes for several years owe the BBMP Rs 900 crore. Revenue Department officials are making extensive efforts to collect the amount. Even though these property owners were given ample time under the One-Time Settlement (OTS) scheme, they have not paid the taxes. Despite offering a 50% waiver on the total interest and penalty amount, they are showing disinterest in paying the taxes. Currently, the OTS scheme has been extended until September 30. As of April 1, property owners owed Rs 733.71 crore in unpaid taxes on 3,95,250 properties. However, only 1,07,344 property owners paid Rs 184.76 crore under the OTS scheme by July 29. The remaining 2,87,906 property owners still owe Rs 548.94 crore. Under the Self-Assessment Scheme (SAS), 16,904 properties were identified for underpaying taxes by falsely declaring the actual building area or zone classification. Tax reassessment was conducted, revealing an outstanding amount of Rs 282.59 crore from these properties alone.

### Attachment of properties with unpaid taxes

"We have prepared a list of the top 100 property owners with the highest outstanding taxes in each zone and are requesting them to pay the taxes. If the outstanding taxes are not paid by September 30 under the OTS scheme, actions will be taken to seize the properties. For properties that do not respond to the notice, we will initiate the process of attaching the properties by issuing Form-13 and registering the BBMP's name in the Sub-Registrar's office," said BBMP Special Commissioner of the Revenue Department, Munish Moudgil.

### Outstanding taxes

The outstanding tax dues across various zones are substantial. In the Bommanahalli zone, the unpaid taxes amount to 7,27,51,038, with a reassessed tax liability of 2,73,46,772. The Dasarahalli zone has 4,14,34,567 in outstanding taxes, and its reassessed liability stands at 5,14,39,741. The East zone shows an even higher amount, with unpaid taxes totalling 7,49,50,452 and a reassessed liability of 69,52,52,196. In the Mahadevapura zone, the unpaid taxes are 4,74,87,816, and the reassessed amount is 5,26,53,296.

The South zone has a particularly significant outstanding amount, with 47,81,75,466 in unpaid taxes and a reassessed liability of 13,85,04,313. In the RR Nagar zone, the unpaid taxes amount to 4,29,91,792, with a reassessed amount of 7,00,75,338.

# Authorities ignore CA site misuse for six months

## Officials face criticism for slow action on alleged unauthorised use of educational institution for commercial purposes

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

The six-month delay in issuing a notice to an educational institution for allegedly misusing a civic amenities (CA) site for commercial purposes suggests that the Karnataka Housing Board (KHB) may not be prioritising vigilance over the use of CA sites allocated in and around Yelahanka.

HM Venkatesh of Naija Horatagarara Vedike lodged a complaint against Veerashaiva Eswara Seva Samithi for allegedly converting a CA site allocated by the KHB into commercial use. The Bangalore Mirror published a story titled "CA sites misused: Urgent action needed" on January 29, 2024, highlighting concerns over CA sites meant for educational purposes being used for commercial activities. It is alleged that Veerashaiva Shree Eswara Seva Samithi leased out the buildings on the CA site for commercial ventures, including a hotel, canteen, and cooperative bank. Venkatesh filed his complaint with the KHB on February 16, 2024, urging appropriate action.

Shree Eshwara Seva Samithi president Savandaiah clarified that Bengaluru Central Café was meant for teaching staff and students. He added that the public uses the café mainly when students are in class."The school needs Jnana Jyothi Souharda Sahakari Niyamitha to deposit school fees and salary for teaching staff," he said.

However, the delay in issuing the notice to the Veerashaiva Shree Eswara Seva Samiti compels the public, especially the complainant, to suspect the commitment and dedication of the KHB officials.

Accusations arise over KHB's delay in addressing CA site misuse

"It is appalling to know that officials took more than six months to issue the notice. The KHB office is situated a few hundred metres away from the educational institution. I think that rampant corruption and negligence among the KHB officials is the reason for the misuse of CA sites. The KHB officials are working as per the whims and fancies of people with political clout," said HM Venkatesh of Naijahoratagarara Vedike.

When contacted, Sumalatha Srinivas, Assistant Revenue Officer of KHB, confirmed that a notice was issued to the educational institution on August 22, 2024. "The file has been processed, and we are awaiting a response from the institution. Once received, we will forward the file to higher authorities for appropriate action," she said.

KHB Assistant Executive Engineer Sunita M stated that she became aware of the educational institution's alleged norm violations a few weeks ago. When asked about the delay in acting on the complaint lodged, she explained that she was transferred to Yelahanka two months ago. "We are currently awaiting a response from the educational institution," she said.

# In 48 hours, the case is solved

## How police cracked mystery behind three murders using advanced tech tools, CCTV footage

Atiya Firdos
mybangaloremirror
@timesofindia.com
TWEETS @BangaloreMIRROR

**"We cracked these cases based on CCTV footage, tips from informants and suspicions raised during probe** –Police

The North East police have successfully cracked down on three separate murder cases within 48 hours, swiftly bringing the accused to justice.

In Bagaluru, police arrested a man for the murder of his wife, a crime he initially reported as an attack by an unknown assailant. He had claimed that a stranger had attacked his wife with a weapon, leading to her death

The accused identified as Mahboob Pasha, 50, hailing from Andhra Pradesh, was living in the city for a few years with his second wife Mumtaz. The duo were daily wage labourers.

According to the police, Pasha began suspecting his wife, Mumtaz, and their frequent fights escalated. After one such argument, Pasha took her to a guava farm on Saturday, pretending they would pick fruits, but instead bludgeoned her to death.

Pasha filed a complaint, claiming he had been in Kolar and returned to find Mumtaz dead in the farm. However, during the investigation, police noticed inconsistencies in his story and discovered through his phone records that he never left the city. Confronted with the evidence, Pasha confessed to the murder. The case was solved within 48 hours, leading to his arrest.

Meanwhile, in Sampigehalli, police arrested a man involved in a murder over a minor dispute. The incident took place near Hegde Nagar, on Saturday. The body of a man was found partially burnt in an old, vacant shed near a market.

The accused identified as Sadiq, 27, was a labourer who was frequently harassed by his drinking partner Pushparaj, 24. According to the police, Pushparaj, also a labourer, was an alcoholic, He used to extort money from Sadiq. Unable to endure the harassment, Sadiq crushed Pushparaj's head with a boulder while he was asleep and set the body on fire to hide his identity.

The police identified the deceased through a "Pubg Battle" tattoo on his hand, which was later confirmed by his family. The police reviewed CCTV footage from the area and nearby bars before tracking down the suspect.

A case was registered and the investigations revealed the accused had committed the murder over a trivial matter and was attempting to cover up the crime. This case, too, was cracked in 48 hours.

The DCP North East also mentioned that the accused lied to the police and said there were four to five other members and when they checked the CCTV footage they learnt that he was lying.

In another swift operation, the Amruthahalli police swiftly tracked down a delivery executive accused of murdering his two stepdaughters within 24 hours. According to the police, the accused, Mohan, 45, often suspected the girls of talking to their fellow male classmates and had repeatedly threatened them. The victims, Srushti, 14, and Soni, 16, were found dead at their home in Dasarahalli's Kaveri Layout on Saturday, with their throats slit.

Their mother, Anita, who works in a garment factory, discovered the bodies when she returned home around 5.30 p.m. A blood-stained machete was found near them. Mohan had been living with Anita for nine years after her divorce. The police apprehended him in 24 hours based on the complaint.

"We cracked these cases relying on informant tips, CCTV footage, and suspicions raised during interrogations. The Sampigehalli case was especially challenging, as we had no leads beyond the CCTV footage, but we were still able to track down the accused and solve the case," said a police official.

North East DCP Sajeeth told BM, "We employed advanced technical tools and relied on our expert officers to analyse the CCTV footage. In the Bagaluru murder case, our skilled interrogation team identified the accused during questioning."

## State govt wants to get influencers on board

The Karnataka government has made a decision to collaborate with social media influencers among other digital media entities with the objective of promoting its schemes and programmes.

The Department of Information and Public Relations (DIPR) has introduced the Karnataka Digital Advertising Guidelines-2024, allowing digital media entities to receive government advertisements. Influencers are categorised into nano (1-5 lakh followers), micro (5-10 lakh followers), and macro (above 10 lakh followers) based on their follower count on at least one platform. They will be involved in various promotional activities such as brand ambassadorships, sponsored posts, guest contributions, content collaborations, themed and hashtag campaigns, shoutouts, reviews, and event promotions.

To be eligible, digital media entities must register with the DIPR. This includes video-streaming platforms like YouTube, Facebook, and Instagram; search engines like Google; social media platforms like X, Facebook, Instagram, LinkedIn, and WhatsApp; OTT platforms; fintech platforms such as Paytm, PhonePe, and GPay; app download platforms; in-app advertising (apps with more than 1 lakh downloads on Google Play or the Apple App Store); websites/web portals/web ads aggregators; news aggregators; call centres and IVRS providers; chatbot and RCS providers.

The DIPR aims to use digital advertising to connect government schemes with the internet-savvy public. "All digital advertising requirements of departments, corporations, authorities, boards, local governing bodies, town municipalities, city corporations, etc., must be mandatorily executed through the DIPR in accordance with these guidelines," the DIPR stated. —BMB

## 2 arrested, 7 two-wheelers seized

Bengaluru Police have arrested two men and seized seven stolen two-wheelers in connection with a theft case reported on August 6. The case unfolded when MP Sekhara of Yeshwantpur reported his scooter stolen from the 4th cross road near Kamakshipalya Karekallu Anjaneyaswamy Temple. Following an investigation, the Kamakshipalya police station apprehended Syed Rizwan Bin Syedpir of Chitradurga on August 24. Based on information provided by Rizwan, the police recovered six two-wheelers worth Rs. 2,23,750.

A further arrest was made on August 26 with Mohammed Kaif Bin SM Sharif (21) also of Chitradurga being taken into custody. One more two-wheeler valued at Rs. 50,000 was seized based on information from Kaif. The investigation revealed that the recovered vehicles were linked to theft cases in Kamakshipalya (two cases), Badarahalli, Nandini Layout, and Govindarajanagar. —BMB

## Discussions on internal SC quota

Chief Minister Siddaramaiah on Wednesday told a delegation of Congress legislators and leaders from the Scheduled Caste community that he was in favour of internal reservation for SCs and would hold a comprehensive discussion with legal experts on the Supreme Court judgment in this regard and take an appropriate decision.

The delegation led by Ministers KH Muniyappa, RB Timmapur, former minister H Anjaneya and former Rajya Sabha member L Hanumanthaiah met the CM and held talks regarding the implementation of internal reservation. —PTI

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# Ain't no rest for the wicked

CONTINUED FROM PAGE 1

disturbing rise in organised crime. While the city sleeps, its residential areas were far from immune, with 501 burglary cases reported in July. The split between night and day burglaries revealed a notable pattern, while nighttime break-ins increased from 413 in June to 427 in July, daytime burglaries decreased sharply from 107 to 74. This shift suggests that burglars are adapting their tactics, exploiting vulnerabilities under the cover of darkness.

Similarly robbers, always finding anxiety as a loophole to rob from citizens, depict a mixed trend. While chain-snatching incidents dropped to 49 from the previous month's 61, the overall number of robberies, excluding chain-snatching, decreased to 72 in July from 98 in June, contributing to a total of 121 robbery cases reported in July. This slight reduction from June's 159 cases provides some comfort, yet the public needs to be cautious.

## Property invasion

A significant area of concern lies in property crimes. The data reveals moderate worries about homes being broken into (56.03) and a similar concern for theft from vehicles (52.22). These figures also mean residents who now find themselves double-checking locks and installing security systems to safeguard their homes and belongings. Motor vehicle thefts remained stubbornly high, with 1,062 cases in July, only a minor dip from the 1,081 cases reported in June.

A Jayanagar resident told BM, "A few years ago, we were only scared of robbers. Now, it feels like we have no escape from crime—anytime, anywhere, theft can happen. Now all these things have become part of life."

## Personal problem

Violent personal crimes also showed a worrying trend. The number of hurt cases, which includes various forms of assault, stood at 1,465 in June and then increased to 1,166 in July, yet still alarmingly high. Crimes under the SC/ST Prevention of Atrocities (POA) Act rose from 148 in June to 161 in July, reflecting ongoing societal tensions. Compared to the same month last year, this represents a significant increase, indicating that discrimination and targeted violence continue to plague marginalised communities.

Economic offences, including criminal breach of trust, cheating, and counterfeiting, also saw a slight decline with 668 cases in July compared to 715 in June. However, the prevalence of cheating, with 616 cases alone, highlights the challenges in combating financial fraud in an increasingly digital world.

## Drug and corruption

Perhaps more concerning are the issues that simmer beneath the surface—drug-related crimes and corruption. With a moderate problem index of 49.90, drug use and dealing have slowly infiltrated neighbourhoods, particularly around areas frequented by younger crowds. Parents worry about their children being exposed to or even targeted by drug dealers in seemingly safe locales. However, it is corruption and bribery that cast the darkest shadow over the city, with a staggering problem index of 80.09%. From securing basic services to dealing with law enforcement, the whispers of corruption are everywhere.

Additional Commissioner of Police (crime) Dr. Chandragupta told BM, "As society develops, the pattern of crime changes too. Public precautions against crimes are just as important as police surveillance. While cybercrimes demand greater awareness, offences like theft can be prevented by being responsible, taking care of properties, and frequently contacting beat policing and helplines for assistance."

A police official pointed out that crime rates have decreased compared to the last two years due to initiatives like easier FIR registration, decoy operations, and proactive measures. "However, there has been an increase in theft cases because we are being transparent and encouraging people to report incidents.

As Bengaluru expands, suburban areas and near highways and railway stations, crime rates are rising. Areas like Vijayanagar and Jayanagar have lower crime rates due to extensive CCTV surveillance. Additionally, the increase in beat patrols and GPS tracking for officers allows us to monitor their time on duty and their movements, ensuring that where there are crimes, actions are taken," the official said.

# Know it is dangerous, but 'have no option'

CONTINUED FROM PAGE 1

but I have no option," said Lakshmi S, who works at a private company near Kadugodi.

Some people working at nearby companies attribute frequent traffic jams as the reason for them to opt jumping over the compound wall rather than using the foot overbridge.

"There are occasions where we reach the BMTC Bus Stand late due to traffic jams. I know that jumping over the wall and walking on the track is dangerous and also against the norms but I do it to reach the railway station on time," said Prabhu N, an employee.

## Offence

Crossing the railway track is an offence under the Section 147 Railways Act, 1989. As per the Railway Act, if any person enters upon or into any part of a railway without lawful authority, they will be punishable with imprisonment for a term which may extend to six months, or with fine which may extend to one thousand rupees, or with both.

It is said that Railway Protection Force (RPF) personnel collect a penalty from those entering the railway station premise against the norms. However, the people continue jumping over the compound wall during the peak hours.

"It is the responsibility of the South Western Railway to increase the height of the compound wall to prevent people jumping over it to enter the railway station which is a dangerous method.

The Bengaluru Metro Rail Corporation Limited (BMRCL) must put up a poster to encourage people to use the foot overbridge instead of jumping over the compound wall to reach the Whitefield Railway Station," said Abhisekh R, a railway activist.

Meanwhile, South Western Railway Public Relations Officer Pranesh said that he has already informed the railway engineer concerned to fix this problem. "The engineer will look into the matter," he said.

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**I,** Rakesh Subhas Rajaguri, S/o. Subhas Rajappa Rajaguri, age 43 years, R/at B 501, Block B, Manthri Alpyne, Subramanyapura Road, Uttarahalli, Kengeri Road, Bangalore 560061 do hereby declare that My name is used and called for all purpose as RAKESH SUBHAS RAJAGURI and in some documents my name mentioned as RAKESH S RAJAGURI AND RAKESH RAJAGURI. I state that my name RAKESH SUBHAS RAJAGURI, RAKESH S RAJAGURI AND RAKESH RAJAGURI names pertains to one and the same person and it refers to me only. My name should be considered as RAKESH SUBHAS RAJAGURI only, vide affidavit dated 10-08-2024, sworn before advocate and notary K V PREMA KUMARI at Bangalore.

**I** Purnesha Basagire Thimmappa Gowda R/o No.3424,4th H block,Vajarahalli Bsk 6th stage, Bengaluru 560109 have changed my name to Poornesh Basagire Thimmappa Gowda Affidavit Dt.28/08/2024 notary Harisha G, B'luru

**I,** Geetha B, W/o Ramesh, R/o No TF 04, A Block, 3rd Floor, Sai Vihar Apartment, Near Old Manipal Hospital, 80 feet road, Rajarajeshwari Nagar, Bangalore 560098 I Have changed my name from Geetha Ramesh to Geetha B vide affidavit no IN-KA985722807 61462W dated 27.08.2024

**I,** DILLIP KUMAR DALAI Permanently residential of Vill-Iswarpur, PO-Beruda, Teh-Jajpur, Dist-Jajpur, State-Odisha have changed my spouse Name from Mrs LEENA DALAI (Existing Name of spouse as per change Next of Kin Record/Service Documents) to Mrs LINA DALAI (proposed New Name) vide Affidavit dated 27 Aug 2024 (Date of the Affidavit) before Notary

**I** Sharfoonnisa W/O, Syed Ummar Sahib Syed Peer R/o No 58/1 Noormanzil Munnigowda Street Near Autopoint Showroom Kammanahalli Ms Nagar Blr-560033 have changed my name to R S Sharfoon Nisa.

**I,** Mr.S Ravikiran Rao R/o E-5/4, DRDO Township Phase I, CV Raman Nagar, Bengaluru-560093 have changed my minor daughter's name from Anagha to Anagha Rao.

**I** Gayathri Mani R/o 3/193, South street, Ugantha Nayagan Kudikadu, Ariyalur-621709, Have changed my name from Gayathri Mani to Gayathri Murugan for all purposes

**I** Syed Peer S/O, Syed Ummar Sahib R/o No 58/1 Muni Gowda Road Rs Palya Ms Nagar Blr-560033 have changed my name to Syed Ummar Sahib Syed Peer.

**I,** Shobitha changed my name to Shobitha Rao vide affidavit dated 27-Aug-24, Sworn before notary S.R.Thulasikrishna, Bangalore.

**I,** Sridevi Achinadka changed my name to Sridevi Rao vide affidavit dated 27-Aug-24, Sworn before notary S.R.Thulasikrishna, Bangalore.

**HEALTH TIP:** Rich in medium-chain triglycerides (MCTs), ghee and coconut oil are unexpected weight loss allies

Cumin water contains a powerful chemical compound called thymoquinone which guards the liver against inflammation

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# ART IS THE WAY THROUGH

## Creative arts therapy programs can help pull health care workers through stress

Doctors and nurses seldom learn in school how to tell a family that their loved one is not going to survive. Yet health care professionals face the immense burden of tragedy, illness and dying in an intensely stressful setting as a routine, ongoing part of their jobs.

Long before the Covid-19 pandemic, research was documenting rampant stress and burnout among health care professionals.

The effects of this crisis are widespread in the U.S. In 2022, Surgeon General Dr. Vivek Murthy raised concerns about the alarming levels of burnout in the health care community in the midst of the Covid-19 pandemic.

Studies show that if current trends continue, the U.S. will see a shortage of 1.1 million registered nurses, 3 million other health care workers and over 140,000 physicians by 2033. A 2022 Mayo Clinic study reported that only 58% of physicians would choose to become a doctor again if offered a chance to revisit their career choice, dropping from 72% from just one year before.

For nearly two decades, our research group – a team of physicians, researchers, creative arts therapists and writers – has focused on understanding the impact of work-related stress on health care workers. In our experience, almost every health care worker has a story about navigating the times when the weight of the profession is just too much to bear.

To help address this issue, in 2019, with funding from the National Endowment for the Arts, our team established the Colorado Resiliency Arts Lab, or CORAL. Our aim is to use creative arts therapy as an intervention to improve the well-being of health care professionals and to restore their sense of purpose in these demanding work environments.

As physicians who have worked in critical care and emergency medicine for many years, we think that this incorporation of creativity in health care is vital. The nation's health depends on the well-being of the health care workforce. We believe that incorporating creativity and the arts as a tool for building resiliency in health care workers could help shift the culture of emotional isolation that health care workers live in.

### A challenge long in coming

We as health care workers push ourselves to the limits to learn new ways to enhance human health. The irony is that this often comes at the expense of our own physical, emotional and mental health. We learn to mask emotions and internalize all the negative events we see in health care. But that is unsustainable.

In the 2000s, up to 80% of critical care nurses reported experiencing burnout or other forms of psychological distress. This was contributing to a high turnover rate, with 67% of nurses planning to leave their positions within three years. That was leading to a rise in health care costs, compassion fatigue among workers and diminished quality of care for patients.

Then came the Covid-19 pandemic, which intensified the stress on health care workers: 3 in 5 physicians reported burnout during the height of the omicron variant in 2022.

A combination of higher job demands, workload, job complexity, job pressure and intensive working time during the Covid-19 pandemic increased stress among health care professionals and led to emotional exhaustion.

Satisfaction with work-life balance dropped from 46.1% in 2020 to 30.2% in 2021.

In the post-Covid-19 era, health care workers like us are at higher risk for anxiety, depression and post-traumatic stress disorder. Burned-out health care professionals are unlikely to seek professional treatment and, as a result, tend to experience heightened levels of substance use, depression and suicidal thoughts.

### Art as a way forward

In ancient Greece and Rome, participation in the arts was "prescribed" for people with depression or anxiety. Likewise, for centuries, tribal communities have used dance, music and art to facilitate physical and mental healing in individuals.

Our focus at CORAL has been on teaching health care workers how to use art-making to effectively process trauma and develop coping mechanisms through expression and community. We invite our participants, who include doctors, nurses, social workers, therapists and researchers, to tap into their authentic vulnerabilities and share stories they would not normally tell by using pen and paper, paintbrushes, guitars, songwriting and movement.

From 2020 to 2023, we carried out six cohorts of our 12-week clinical trial of creative arts therapy interventions involving health care professionals working at least half-time. Participants were randomly assigned to one of four creative arts therapy groups: art, music, dance/movement and writing, with 12 weekly sessions lasting 90 minutes each.

We measured participants' levels of anxiety, depression, burnout, PTSD and job satisfaction through validated questionnaires and asked the same questions again after the conclusion of the intervention. We also measured those scores in a control group that did not take part in the intervention.

The results were eye-opening. Study participants experienced less burnout and expressed a lower desire to leave their jobs. Burnout scores for anxiety, depression, PTSD and emotional exhaustion decreased by 28%, 36%, 26% and 12%, respectively, in the participants receiving the creative arts therapy intervention. These improvements remained up to one year after the conclusion of the program.

Our findings add to the growing body of evidence that creative arts therapy can be an effective tool for dealing with health care worker burnout across the globe.

We believe that creative art therapy is effective because it allows these health care professionals to be imperfect – freedoms that can be healing in and of themselves. They can use these opportunities to speak the unspeakable through an art form, which becomes a vehicle to help explore and recover from trauma.

This in turn can increase their tolerance for imperfection as well as helping them to feel grace and compassion for themselves and each other. It expands their emotional vocabularies and, in so doing, builds their resilience.

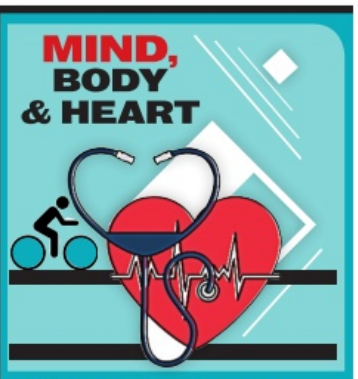
### Remembering what it means to be human

Though the roles of doctors, nurses and other health care professionals are often glorified through terms such as "superheroes" and "guardian angels," in reality they are human beings who make mistakes and get exhausted too.

The creative process invites them to remember what it means to be human, to be vulnerable. A health care professional picking up a paintbrush for the first time since kindergarten can explore feelings that have been suppressed, memories that have been buried – and even forgiveness for mistakes they may have held onto for years.

One participant in the CORAL program wrote in their feedback: "When I am given space to unmask and show all sides of who I am, I am creative and engaged. I think more deeply and clearly. I am more willing to take the risks necessary to have breakthroughs. I am a better colleague, mentor, friend, partner, and scientist. When I feel safe and supported, I can be whole."

*(Marc Moss, and Rafaela Mantelli, University of Colorado Anschutz Medical Campus, The Conversation)*




## All you need to know about...

*Low-sodium foods*

**Apples**
Fruits are naturally low in sodium and are high in potassium. Apple is one of the examples for low sodium food options. Apple is low in fat and also a good source of vitamin C and fibre. Polyphenols found in apples and other fruits contribute to cardiovascular health. Apples are best eaten whole and during season.

**Cucumbers**
Cucumber is another healthy snack alternative as it is exceptionally low in calories, sodium and fat. Cucumbers contain about 3 grams of sodium per cup, thereby allowing you to comfortably consume your required or desired quantity. With its high moisture content, cucumber contributes to hydration in the body. Cucumber is a popular salad item and can be used in any form of salad.

**Almonds**
Almonds are a safer and tastier alternative for other snack items. There is around 1 milligram of sodium per 100 grammes of almonds. In addition to being satiating, almonds are loaded with nutrients and antioxidants. They are a source of 15 nutrients such as vitamin E, magnesium, protein, riboflavin, zinc etc. The health benefits of almonds include lower blood sugar levels, reduced blood pressure, and lower cholesterol levels. They can also reduce hunger and promote weight management.

**Lemon Juice & Herbs**
Replacing salt with lemon juice or herbs in dishes, replacing high salt dishes with unsalted ones are viable options to reduce sodium. Minimising high salt foods like pickles, papads, salt biscuits, salted butter, cheese, ultra-processed foods, etc can help to reduce total sodium intake and also contribute to better heart health. Along with dietary changes, regular exercise and other lifestyle modifications are necessary to improve high blood pressure.

**—Femina**

mybangaloremirror@timesgroup.com
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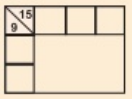
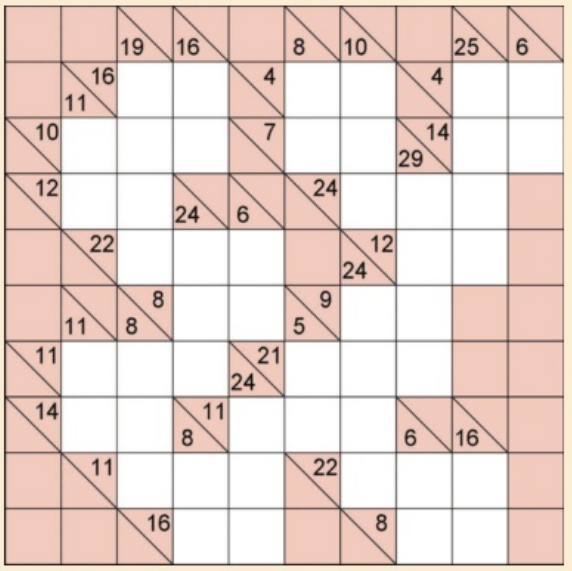
@BangaloreMirror


## Kakuro

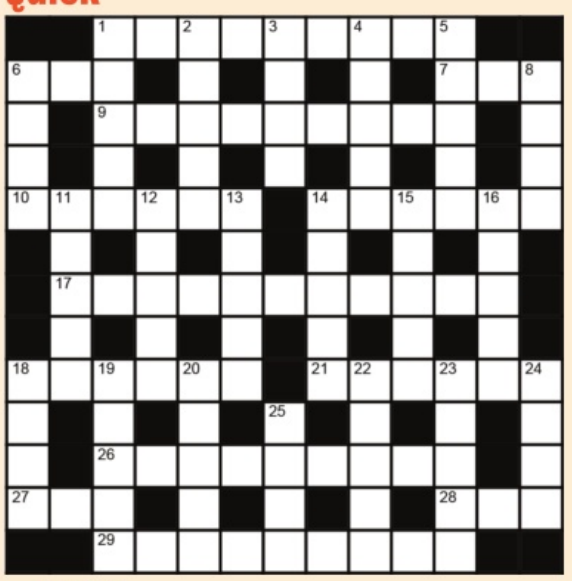



The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Clumsy (3,6)
6 Priestly garment (3)
7 Kind (3)
9 Retired Indian off-spinner (9)
10 Cardboard container (6)
14 Old-fashioned (6)
17 Referees, umpires or mediators (11)
18 M in RAM or ROM (6)
21 Centre or core (6)
26 Popular dessert in Karnataka and the rest of the country as well (6,3)
27 French king (3)
28 Author Rand (3)
29 Wood worker (9)

**DOWN**

1 Detest (5)
2 Slow-musically speaking (5)
3 Sunken fence? (2-2)
4 Laila's counterpart (5)
5 The desert in Israel (5)
6 Artificial Intelligence Advisory Committee (4)
8 Tie securely (4)
11 Demean (5)
12 Forbidden (5)
13 Crazy or slightly eccentric (5)
14 Misgiving (5)
15 Evade (5)
16 Concerning the nose (5)
18 Secure a ship (4)
19 Impersonate (5)
20 Stairway part (5)
22 Computing supply (5)
23 Senegal capital (5)
24 Gain or procure (4)
25 Faithful (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: N EQUALS T**

NCJFJ TP DZNCTDE OTWJ NCJ FIUZF PCIFG NZDEAJ ZL I EZZS LFTJDS NZ RAN NCFZAEC NCJ OTJP QJ NJOO ZAFPJOHJP.

## Linemaro

I am not a photographer, but I can picture us together

## Mindchow

Stars can't shine without darkness

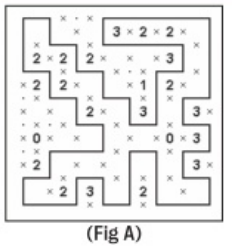
## Joke of the day

If you don't pay your exorcist, you get repossessed

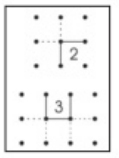
## Loop

**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

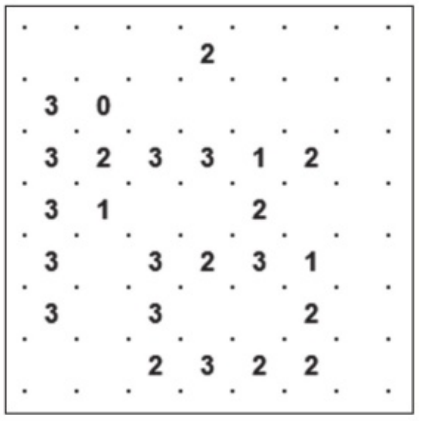


(Fig B) Not Allowed

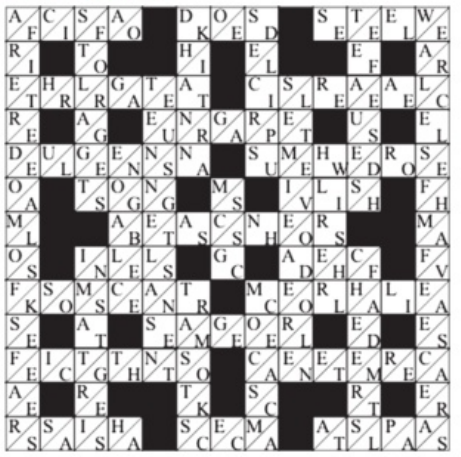
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| 6 | | | | |
| 7 | | | V | |
| 8 | | | | |
| 9 | | | | |

**ACROSS**

1 Parks; 6 I Move; 7 Evil a; 8 Siren; 9 Sodom

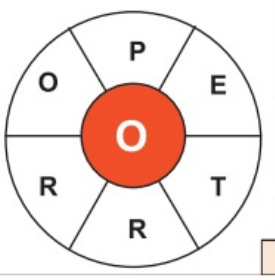
**DOWN**

1 Ma Mrs; 2 Pool I; 3 Via so; 4 Verdi; 5 Knees

## Mensapuzzle

Solve this dingbat:

## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

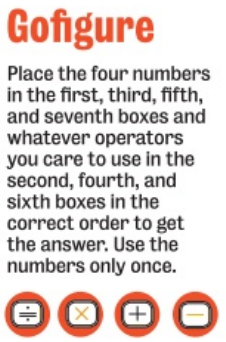
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | 7 | | | | 4 | | 2 |
| | | | 5 | | 3 | | | |
| 3 | 2 | | | | | | 6 | 1 |
| | 7 | 3 | 8 | | 9 | 1 | 4 | |
| | | | | | | | | |
| | 6 | 1 | 2 | | 7 | 3 | 8 | |
| 5 | 8 | | | | | | 1 | 4 |
| | | | 1 | | 6 | | | |
| 1 | | 9 | | | | 2 | | 6 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.




## Hocusfocus




Find at least six differences in details between panels.

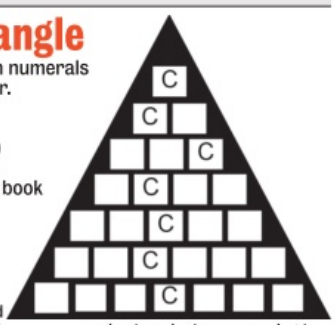
**Differences:** 1. Trowel is larger. 2. Puddle is moved. 3. Umbrella handle is curved. 4. Shoelace is added. 5. Window is added. 6. Fingers are not showing.

## Riddler

Which three letter word completes the following longer words: sm—ed, f—in, qu—y, —some?

## Alpha triangle

1 Hundred in Roman numerals
2 Common Era, abbr.
3 Yr.'s end
4 Frozen or cooled
5 Spanish hero (2,3)
6 Beaten informally
7 Looked through a book




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Popeye

WHY IS YOU STANDIN' ON YER HANDS?
I AM OBEYING OUR COMPUTER KING'S ORDERS!
WE HAVE A SHOE-LEATHER SHORTAGE.... BY WALKING ON OUR HANDS ONE DAY A WEEK, WE SAVE FIFTY-TWO DAYS OF SHOE WEAR A YEAR!
?
...?
ONO IS VERY LOGICAL!
popeye.com

## Bizarrotrip

Report to the tide pool and monitor the behavior of every aquatic animal in the area.
MARINE BIOLOGIST
Wayno & Piraro 5-25-24
USMC
BATES

## Diamond Lil

## Hart of the city

I JUST GOT THE BOXED SET FOR "THREE PIECE," AND IT CAME WITH A BUNCH OF STICKERS. I THOUGHT I SHOULD BRING THEM TO THE ANIME CLUB.
BRENT, YOU ALWAYS SHARE THE BEST STUFF. YOU SHOULD RUN FOR ANIME CLUB PRESIDENT.
THAT'S NOT A BAD IDEA!

## Crankshaft

SO, HARRY... IS CLAUDE BARLOW'S MUSIC STILL UNDER COPYRIGHT?
YES... BUT THERE HAVE BEEN A NUMBER OF LEGAL BATTLES IN REGARD TO BARLOW'S CATALOG TRYING TO PREVENT THE MUSIC FROM BECOMING PUBLIC DOMAIN.
WHO WAS DOING THE SUING... BARLOW'S ESTATE?
NO... THE PUBLIC!
BATIUK & DAVIS tombatiuk.com/books
S-25

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20

Today, you may expect to see a strong position in your professional front. Due to your workload, you may not be able to give proper time to your family and may reach late to get-togethers, but your family and spouse will support you. This will strengthen your domestic harmony. Projects related to government agencies are likely to initiate now.

**Leo** Jul 24 – Aug 23

Today you may do better; kids' health is better now. You may plan to make some investments for their future. You are likely to be more loyal to your job. Job seekers may find a good job with the help of references. You may be able to find your hidden enemies, and with the help of blessings, you may counter them.

**Sagittarius** Nov 23 – Dec 22

Today, you are blessed by your elders. New sources of income will be likely to be opened, which will boost your bank balance. You may get a big order, which can grow your family business. There may be some movement into your business; delayed projects will start again. You are advised to be patient while signing any contract. You may plan to renovate your house.

**Taurus** Apr 21 – May 20

You are inclined to spiritualism today and may plan to visit a religious place; your spiritual power may make you happy. Your way of thinking may be positive. You may also take an interest in occult science. You are likely to observe flawlessness in your nature. It is advised to keep your views with you only; try to discuss with those who may understand your frequency.

**Virgo** Aug 24 – Sep 23

Today, you may hear good news in terms of a job. Job seekers may be focused on getting success in some exams with the help of hard work. Singles may get engaged to their soulmate. You may also hear some good news in terms of childbirth.

**Capricorn** Dec 23 – Jan 20

Today is a good day for you. You may have good vitality and health. You may enjoy your work. You are advised to avoid arguments on worthless topics; otherwise, there may be some disputes in the family. By doing so, you may expect healthy partnerships in the business and harmony in the family. Job seekers may find a suitable job. Lovebirds are advised to avoid discussing worthless topics.

**Gemini** May 21 – Jun 21

Today, you may feel nervous and you may lack patience. You may also be attracted to the occult. It is advised to follow your intuition before going ahead. You may also get in-depth knowledge on a subject, or you may have a good focus on your research.

**Libra** Sep 24 – Oct 22

Today, you may plan for a change in place; however, it is advised to postpone the decision related to migration. It is also advised to avoid investment in business. By the late evening, the situation may be under control. With the help of good advice from one of the elders, you may control the messy situation.

**Aquarius** Jan 21 – Feb 19

Today, your vital power may slow down, and your old disease may reappear. This may upset you. You are advised to avoid adventure tours or rush-hour driving. You are also advised to avoid any type of ligation; you may settle it out of the jury. You may also plan an overseas tour.

**Cancer** Jun 22 – July 23

Today, your moon is placed in a good position; you may expect some positive momentum in professional and domestic life. There are likely to be gains in terms of your investments. You may get reciprocation of your help from your friends and relatives. Your hard work may pay you in terms of success.

**Scorpio** Oct 23 – Nov 22

Today, you may expect some short business trips. You may also expect to get some rewards for your success in your domain. Your respect around you may be increased now. You may also hear some good news from siblings. Job seekers who are seeking management jobs may succeed in finding one. Singles are likely to get engaged.

**Pisces** Feb 20 – Mar 20

Today, you may get profits from your past investments. Your losses may also be converted into profits. Implementation of new ideas may make progress in the business. You are likely to meet an influential person who may show you the right path to success. Lovebirds may make some decisions in terms of marriage. Couples will hear good news in terms of kids. Job seekers will get suitable jobs.

## KIDZONE

Mayelmit Takchung, 11 Years, New Horizon Public School

Ananya Vastare, 10 Years, Insight Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**

= -1.6-(-5.7)-5.2
= -1.6+5.7-5.2
= -6.8+5.7
= -1.1

**RIDDLER**

IRK; sm-IRK-ed, f-IRK-in, qu-IRK-y, IRK-some

**STRIKE OUT**

**BULL'S EYE**

pore, port, porter, report, rote, rotor, tope, tore, torpor, troop, TROOPER

**FAST FIVE**

**QUICK**

**MENSA PUZZLE**

There is nothing like the razor sharp tongue of a good friend to cut through the lies we tell ourselves.

**QUOTE UNCODE**

its on the tip of my tongue

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 5 | 7 | 6 | 1 | 8 | 4 | 3 | 2 |
| 6 | 1 | 4 | 5 | 2 | 3 | 7 | 9 | 8 |
| 3 | 2 | 8 | 9 | 7 | 4 | 5 | 6 | 1 |
| 2 | 7 | 3 | 8 | 6 | 9 | 1 | 4 | 5 |
| 8 | 9 | 5 | 3 | 4 | 1 | 6 | 2 | 7 |
| 4 | 6 | 1 | 2 | 5 | 7 | 3 | 8 | 9 |
| 5 | 8 | 6 | 7 | 3 | 2 | 9 | 1 | 4 |
| 7 | 4 | 2 | 1 | 9 | 6 | 8 | 5 | 3 |
| 1 | 3 | 9 | 4 | 8 | 5 | 2 | 7 | 6 |

**ALPHA TRIANGLE**

C, CE, Dec, Iced, El Cid, Licked, Flicked.

**GO FIGURE**

Easy
4 + 2 + 2 + 5 = 13
Medium
5 + 8 x 3 + 7 = 46
Hard
9 – 8 x 9 x 5 = 45

**LOOP**

**KAKURO**

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**Jeremy becomes The Boss —** Actor Jeremy Allen White describes his preparation work for Bruce Springsteen's biopic. White will portray Springsteen in the 20th Century and Disney's 'Deliver Me From Nowhere'

SANDALWOOD SHOTS
Y MAHESWARA REDDY

## Item song is out

Director Shankar V, who debuted in Sandalwood as a lighting technician and worked as associate under many Kannada movie directors, is leaving no stone unturned to promote his maiden directorial Brahmarakshasa. A few days ago, Shankar released the teaser of the movie that received good response.

Now, he organised an event at SRV Theater to release an item song – Sanje Hothnyage Maipulaka, sung by Mamata Sharma and Santosh, with music and lyrics by MS Thyagaraj. Kannada Film Producers' Association president Umesh Banakar was the chief guest.

Brahmarakshasa is made in five languages but the director is making arrangements to release it shortly.

"I thank producer KMP Srinivas for his support. I wrote the script of this movie during the lockdown. The movie was shot in Udupi and Kundapura. The specialty is that 80 percent of the shooting was held at night during monsoon. The movie has a message to society. It revolves around two people who end up behind bars for no fault of their own," the director said.

The movie, set in the 1980-90, got an UA certificate from the Regional Censor Board of Film Certification. "The movie is aimed at family audiences," he said.

Veteran actor Vijanath Biradar said the director selected the actors as per the script. "The director worked hard. I hope the movie becomes a huge success," he said. The movie features Ankush Ekalavya, Swapna, Aravind Rao, Purushotham, Bala Rajwadi and others.

## Not picky!

Vinay Rajkumar, who debuted as a hero in Sandalwood with Siddhartha in 2015, is excited about the release of his latest movie Pepe that is expected to arrive in theaters on August 30. The movie, an action thriller, is directed by Sreelesh S Nair, who handled the megaphone for experimental movies Paarane and Red Room.

"I play Pradeepa in Pepe. It is an action movie. Pepe is the name of a Portuguese soccer player. Director Sreelesh Nair might be a fan of Pepe, so he selected Pepe as the title of the movie. There are a few scintillating action scenes in this movie," said Rajkumar.

He said the movie is fictional, but the director wrote the script impressed by real incidents. "It is about Badnal village where four families are at loggerheads. The movie is not about a particular person or a community. It took two and half years to complete its shooting and post-production works. The movie has one song," he said.

When asked whether he prefers action or romance movies, he said that he, as an actor, would like to act in all types of movies.

It is said the movie Pepe is set in the timeline – 1970 to 2020. The movie, which received an 'A' certificate from the Central Board of Film Certification, features Vinay Rajkumar, Kaajal Kunder and others.

## Comforting words

Badminton star Lakshya Sen recently endured a crushing defeat at the Paris Olympics 2024, just missing out on the bronze medal in an intensely competitive tournament. In a recent interview, Lakshya Sen disclosed that during this challenging period, it was none other than Prakash's daughter, Bollywood star Deepika Padukone, who extended her support and offered words of comfort. In an interview with Humans of Bombay, Lakshya opened up about the emotional aftermath of his Olympic journey. He shared that shortly after his defeat, Deepika Padukone called him to lift his spirits. Reflecting on the conversation, he recalled her encouraging words, saying, "She called me and said, 'It's fine; don't worry. You did good.'"

Deepika's gesture meant a lot to Sen, who admitted that the loss still weighs heavily on him, as he had hoped to bring home a medal for India. However, the young athlete expressed deep gratitude for the Padukone family's support. —ETimes

Actress Giorgia Andriani, who will be seen in a special dance number in the upcoming action-packed film 'Martin' has opened up about the intense preparation she underwent to achieve her flawless look, and toned midriff for the track that marks her South debut.

Speaking about the same, Giorgia said: "I knew what I was going to wear for the shoot, and I really wanted to look my best. To achieve that perfect look, I switched to intermittent fasting 15 days before the shoot. During my eating window, I focused on high-fiber, moderate-protein, low-carb meals with zero sugar intake. I also made sure to drink five-six liters of water daily."

"My meals consisted of tofu, vegetables, sprouts, and gluten-free options, ensuring to maintain the energy levels for the dance number while keeping my body in top shape. I was on a strict no-sugar diet for almost 25 days, and it was challenging, but I was thrilled with the results. On the day of the shoot, I was really happy with how my body supported me. It's one of the best feelings when your hard work pays off," Giorgia shared.

However, Giorgia emphasised that her fitness regime isn't just about looking good for a role.

"I believe that taking care of your body should be a priority, not just for a specific event or function. I've always made fitness a part of my lifestyle, whether it's through intense gym sessions, yoga, dance, or even just walking. It's all about doing justice to your body and being healthy," she concluded.

The song is choreographed by Imran Sardhariya. 'Martin' stars Dhruva Sarja in the lead. — IANS

## Malaika's happy meal

Actress Malaika Arora is sharing details of her favourite meal. The actress took to the Stories section of her Instagram on Wednesday and shared a picture of her lunch spread.

By the looks of it, the actress had a hearty meal as she gorged on brown rice, sambhar, curd curry, bhindi, eggplant, papad, and chutney. She wrote on the picture, "Happiness on our plates."

She also shared her look from the latest edition of the Indian Film Festival of Melbourne (IFFM). She shared her look on her Instagram Stories. In one of the looks she could be seen dressed in a pearl white catsuit she wore to meet fans.

Her outfit features a white rose embellishment on the neck, a halter neckline, a cut-out on the bodice, a plunging bare back design, a bodycon fit hugging her enviable frame, gathered details on the cups and waist, and skinny-fit legs. The actress is active on social media and often shares glimpses of her holiday and meals on her Instagram Stories. —IANS